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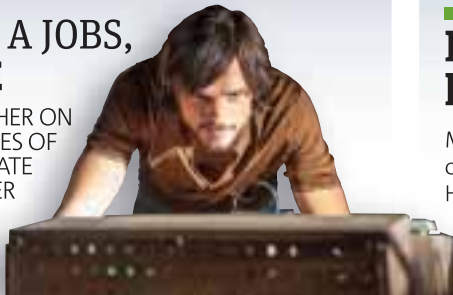
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HECK OF A JOBS, KUTCHIE

ASHTON KUTCHER ON
THE CHALLENGES OF
PLAYING THE LATE
APPLE FOUNDER
IN THE NEW
BIOPIC JOBS

PAGE 7



Don't box him in

Maverick city councillor
or a loose cannon? Dale
Henderson takes it all in
stride as he steps in as
temporary mayor this
week

PAGE 3

Wallin defiant on expense audit

But the former Conservative
senator promises to repay any
disallowed expenses, which
are pegged at \$140,000

PAGE 4

Add sizzle to your swizzle sticks

Our five delicious cocktails
from one of England's
coolest bars will leave you
pleasantly tipsy

PAGE 9

**Wednesday's
Jackpot**



London police Det. Mark McGugan demonstrates the difficulty in telling the difference between a real and replica assault rifle. The one on the left is fake. The one on the right is real, he said on Monday.

SCOTT TAYLOR/METRO

Real deal or just a really good ripoff?

Guns in the city. Police
issue warning about
fake firearms after
robbery

Dangerous toys

**"From a distance, it would be next to impossible
to tell them apart.)"**

London police Det. Mark McGugan, on the difference between a real gun and a replica.



SCOTT
TAYLOR

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To some, the crime is forgettable enough: A man and two teens are arrested after breaking into a London store and stealing some paintball guns.

A crime is a crime, right? It's not as if they were real guns.

The trouble is they look very much like real pistols, shotguns and assault rifles, and when police get a call about someone with a gun, they reply to that call with high-powered weapons of their own.

That's exactly what happened on Feb. 7 at one of the entrances to White Oaks Mall when officers, including those from the emergency response and canine units, collared two young men after a caller said a man with a gun had been seen on the premises.

No one was hurt, but it

could have turned tragic if one of the suspects had fought back or reached inside a jacket, police said.

Concerned about similar situations cropping up — especially after a slew of paintball and Airsoft guns were stolen on July 19 — police issued a strong safety warning on Monday.

From single-shot pistols to semi-automatic assault rifles, police put real and replica weapons in a lineup for inspection by the media. Most were identified correctly, but only after a long second or third look. In the field, police and robbery victims don't have the benefit of such careful scrutiny.

There have been 48 robberies involving firearms this year and replica guns were used in at least four of them, Det. Mark McGugan said.

Many replicas can be identified by their bright colouring and the plastic orange tip on

the barrel. But, McGugan said, once they're out of the legitimate seller's hands, they're often painted black and the tip is removed to make them look authentic.

Then they're sold by word of mouth or through social-media sites, such as Facebook, where London police found some of the stolen items from the July 19 robbery.

McGugan added that some people who have bought paintball guns on Facebook may now be in possession of stolen property. They won't be charged for it, but he would like those people to call police and have the guns identified.

McGugan has more important advice for anyone looking down the business end of a gun barrel, real or otherwise.

"If confronted by someone with a firearm, comply with their demands and call the police," he said.

Child-porn charges

Man charged with filming children in washrooms

A 34-year-old London man faces several child-pornography charges after he was arrested Aug. 12 at his Berkshire Drive residence.

Police say they received a complaint on Aug. 2 that a man had been secretly recording children while they visited washroom cubicles. The whereabouts of the cubicles has not been disclosed.

As a result of the investigation, Allan Gordon has been charged with two counts each of secretly recording a person expecting privacy, possession of child pornography and making child pornography. **METRO**

Cast your vote

Wortley Village: Canada's best neighbourhood?

It's idyllic to many, but is it the best of them all? Residents of Wortley Village sure think so, and they're hoping others will jump on the bandwagon.

London's romantic, cozy corner of Old South is in the running to be named the nation's best neighbourhood in the Great Places Canada competition, an annual online contest sponsored by the Canadian Institute of Planners.

The competition recognizes Canada's most loved nooks, crannies and neighbourhoods.

Wortley Village is currently up against Cookstown, Ont., and St. Jacobs, Ont.

METRO



Market Tower at Richmond and Dundas streets is the focus of a pending deal with Fanshawe College. MIKE DONACHIE/METRO

Fanshawe looks to core

So go downtown.

College is likely to set up campus in Market Tower, at corner of Dundas and Richmond streets



MIKE DONACHIE
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A deal looks close to giving Fanshawe College a new downtown spot in Market Tower.

But outgoing president Howard Rundle says the road to the corner of Dundas and Richmond streets wasn't necessarily a smooth one.

"We did look at other buildings," he said. "But unfortunately, although there are a bunch of buildings downtown, there are strict requirements for edu-

cation buildings, like fire regulations. Some of these older buildings would have caused problems like that, and some would have meant higher costs."

In some ways, though, Market Tower is "kind of ideal" for a variety of reasons, Rundle said. For one, it needs only minimal changes before it will be ready for the college to use.

"It's bigger than we needed, so there are opportunities there for partners and other people to be in that building, and of course that could provide some revenue," he said.

Market Tower will house the same kind of programs — such as arts and digital media — that will be offered in the building Fanshawe bought and has rehabbed a few doors west on Dundas Street.

That spot is expected to

welcome its first students in the fall.

The city is pouring millions into Fanshawe's bid to launch the downtown presence, money Rundle said will help the school deal with a pressing problem: Possible funding cuts.

"The province of Ontario, because of the recession and its very large deficit, is having to get out of deficit," Rundle said.

"We're concerned that they may not provide all the funding that we think we should have in order to undertake the growth we want to undertake."

"The way (the downtown campus) fits in is if we're going to meet the growth that the province wants in post-secondary education, we need some facilities."

"We need more facilities. We're actually over-full right now."

Good news for downtown?

- The college has two downtown projects: The centre for digital and performance arts that's moving into the former Royal Trust building (137 Dundas St.) and, now, Market Tower, which the college has offered to buy from developer Shmuel Farhi.
- The total budget for the two is \$40 million, with each building to receive about half of the total.
- Of that \$40 million, \$20 million is from the city of London, \$6 million is from the province and \$7 million is money set aside by Fanshawe for capital projects. The rest will come from private-sector fundraising.

Hudak rejects calls for leadership review

Tim Hudak opposes a review of his leadership of the Ontario Progressive Conservatives, warning party infighting only helps the governing Liberals.

"The answer is no ... we went through that just last year," Hudak said on Monday, referring to his February 2012 endorsement by 78.7 per cent of Tory members.

"We've got two choices as a party. We can choose to fight among ourselves and fall

further behind and let the Liberals call an election and win government again — and that would set us even further back as a province," he said. "Or we can join together. We can fight side by side and we can bring forward that platform that says Ontario will actually lead again when it comes to jobs."

In the wake of the Aug. 1 byelections — which saw the Tories win one seat while the Liberals and New Democrats

each bagged two — there are growing calls for a leadership review vote at the PC policy convention in London from Sept. 21 to 22.

MPPs Frank Klees (Newmarket-Aurora) and Randy Hillier (Lanark-Frontenac-Lennox and Addington), runners-up to Hudak in the 2009 leadership contest, think it's a way to clear the air.

However, such a vote is specifically prohibited by the

party constitution, which some members want amended so a second review can be held.

"We can circle and shoot among ourselves or we could actually get together as a team," said Hudak, who was off last week and faced questions about the internal turmoil for the first time on Monday. "We should neither be thrilled by the byelection results nor should we be despondent."

TORSTAR NEWS SERVICE



Embattled Ontario Progressive Conservative Leader Tim Hudak campaigns in July with Ali Chahbar, the party's candidate in the London West byelection. METRO FILE

Chilly with a chance of...? Climatologist predicts unpredictable autumn

If he were a betting man, Environment Canada Senior Climatologist Dave Phillips would likely sit out this year's spin of weather roulette.

This fall's ball has almost as much chance to land on cooler than normal as it does warmer than normal. Normal itself also stands a chance.

Looking ahead at the upcoming fall season, the only sure bet is that it will be cooler than the summer and warmer than the winter.

Talking about it in August tickles Phillips, though.

"It's so Canadian to think about this," he said. "My definition of Canadian is someone who worries about winter before summer is over."

Phillips said another Canadian trait is to fear for the worst after getting the best.

Ups and downs

Average high and low temperatures for September, October and November 2012:

- **September.** High: 21.5 C.
Low: 9 C.
- **October.** High: 14.2 C.
Low: 4.5 C.
- **November.** High: 6.6 C.
Low: - 1.7 C.

"There is always that nervousness. There's this thought that nature always balances things out. You get a hot summer followed by a cold winter or vice versa, but there's no truth to that at all," he said.

SCOTT TAYLOR/METRO

Serious injuries

Woman charged with careless

A 20-year-old Hillsburgh woman has been charged with careless driving in a Friday crash on Medway Road between Adelaide and Highbury.

Police say a Volkswagen Jetta travelling west on Medway crossed the centre line and collided head-on with an east-bound Jeep, the Ontario Provincial Police say.

The driver of the Jetta had to be removed from the vehicle and suffered serious injuries. The driver of the Jeep received minor injuries.

Both were taken to hospital. **METRO**

No seatbelt

Pair killed in car crash identified

Police have identified a Hamilton man and woman who died in a Sunday morning crash in Southwest Middlesex.

Johnathan Smith, 31, and Patricia Griffin, 30, were thrown from an SUV after speeding through a stop sign at about 3:50 a.m., skidding off the road and hitting two trees.

Neither was wearing a seatbelt, according to the OPP. Smith was driving.

A dog also died after being thrown from the vehicle. **METRO**

Donations wanted

School drive to aid kids in shelter

Mission Services of London has launched a Back to School in Style campaign aimed at helping young residents of the Rotholme Women's and Family Shelter start the new school year with a fresh new look.

Donations of backpacks, lunch kits, crayons and other items can be dropped off at Mission Services (415 Hamilton Rd.) or Rotholme (42 Stanley St.).

Almost 500 children stayed at the shelter last year. **METRO**

FireRock Golf Club

Golf tourney to help ailing kids

The Sunshine Foundation of Canada is having its fifth annual charity golf tournament Thursday at FireRock Golf Club.

Registration is \$250 per person or \$1,000 for a foursome. Sign-up starts at 9:30 a.m. with a shotgun start at 11 a.m. Dinner and awards start at 5:30 p.m.

The Sunshine Foundation is a national non-profit that fulfills dreams for children with severe physical disabilities or life-threatening illnesses.

Visit sunshine.ca/ events for details. **METRO**



Coun. Dale Henderson, always kicking up new ideas, is standing in as mayor later this week while Joe Fontana is out of town. **METRO FILE**

Say hello to Mayor Dale Henderson

And say bye in two days. 'Brainstorming' councillor is the new stand-in for Fontana



MIKE DONACHIE
mike.donachie@metronews.ca

Brace yourselves for the mayor who thinks outside the box.

In fact, as temporary mayor Dale Henderson puts it: "I live outside the box!"

That's right — Coun. Dale Henderson will be acting mayor of the Forest City on Wednesday and Thursday, mean-

ing he's in charge if the city is hit by disaster.

With Joe Fontana taking a break, the rolling program of stand-ins has rolled right around to Henderson.

With his tendency to halt council debates with unexpected questions and his, perhaps, random thought patterns — take a look at *daletv.ca* for some examples — the unconventional character is never short of critics.

But he doesn't care. Speaking Monday, he couldn't wait to be mayor.

"We have to sign some bills and usually sign some cheques," Henderson explained. "People might want

you to show up and speak at events. You might have to cut a couple of ribbons.

"There are no committee meetings this week. Otherwise I'd have to take over those."

Henderson knows he can't achieve much in two days, but what would he do if he was mayor for good?

"I would like to have a brainstorming session where all 15 of us (on council) sit down and talk about our ideas for creating jobs and helping the economy," he said. "I'd want a free-for-all."

On Friday, the chain of office goes to Coun. Paul Van Meerbergen.

The man in charge

- Dale Henderson is the councillor for Ward 9, in the southwest of the city.
- He has a long history of business in the city, including decades as owner of an electronics company and time operating a music hall.
- He courted controversy recently by spending \$7,000 of his council-allotted expenses to launch Dale TV, linking him to Londoners via Internet video.



A field sample of mosquitoes that could carry West Nile Virus is seen in this file photo. **DAVID MCNEW/GETTY IMAGES**

West Nile possibly found in human

The Middlesex-London Health Unit has received its first report of what's believed to be a case of West Nile virus in a human.

Further test results are needed before a final ruling can be made, officials said.

So far this summer, Public Health Ontario has reported one confirmed human case along with one probable case.

Forty-one mosquito traps across the province have tested positive.

Locally, the health unit has reported that three dead crows, one each in London, Dorchester and Parkhill, and one mosquito trap — located in north London — have tested positive for the virus.

"It's clear West Nile Virus is in London and Middlesex

County again," said Dr. Bryna Warshawsky, associate medical officer of health. "What we know from this first probable human case is that there are enough West Nile Virus-infected mosquitoes that there is a heightened risk for people to become infected."

The risk will remain until the first hard frost in the fall, she said. **METRO**

Boston. Notorious mob boss turned informant convicted of 11 killings

James "Whitey" Bulger, the feared Boston mob boss who became one of the most-wanted fugitives in the U.S., was convicted Monday in a string of 11 killings and other gangland crimes, many of them committed while he was said to be an FBI informant.

Bulger, 83, was charged primarily with racketeering, which listed 33 criminal acts, among them 19 murders that he allegedly helped orchestrate or carried out himself during the 1970s and '80s while he led the Winter Hill Gang.

Bulger could get life in prison at sentencing Nov. 13. But given his age, even a modest term could amount to a life sentence.

One woman in the gallery taunted Bulger as he was being led away, apparently imitating



James "Whitey" Bulger, who was on the run for 16 years. U.S. MARSHALS SERVICE/THE ASSOCIATED PRESS FILE

machine-gun fire as she yelled: "Rat-a-tat-tat, Whitey!"

Bulger skipped town in 1994 after being tipped off — by a retired FBI agent, it turned out — that he would be indicted. **THE ASSOCIATED PRESS**

Nova Scotia. Health care mix-ups lead to needless mastectomy and biopsy

Nova Scotia's Capital Health is assuring people changes are coming after two separate mix-ups led to an unnecessary mastectomy and a biopsy.

Chris Power, CEO of Capital Health, said in an interview they are informing the public because they want to be open.

"It's really important for us for the public to have trust and faith in our system, and we don't ever want them to think we're hiding things," Power said Monday.

In the first case, two patients had their reports switched, so one tissue analysis went in the wrong file. This resulted in a woman having a mastectomy.

"She would have thought that she had cancer," he said.

Power said the mistake was found when their quality-assurance program picked up the woman's report didn't match her original biopsy.

In the second case, two tissue samples were labeled incorrectly before analysis, resulting in one person having an unnecessary biopsy and the other not receiving correct treatment right away.

Power said Capital Health is already in the process of implementing a barcode system for lab specimens, and a robotic lab that will limit human error.

HALEY RYAN/METRO IN HALIFAX

Baby's name changed

Only Jesus can be called 'Messiah,' judge rules

A judge in Tennessee changed a baby boy's name to Martin from Messiah, saying the title was earned by one person: Jesus Christ.

Child Support Magistrate Lu Ann Ballew ordered the change last week, according to WBIR-TV. Messiah was No. 4 among the fastest-rising baby names in 2012, according to the Social Security Administration. **THE CANADIAN PRESS**

Mideast peace

Israel names the first Palestinians to be freed

Israel on Monday published the names of 26 Palestinian prisoners, most of them held for deadly attacks, who are to be released this week as part of a deal that has revived Mideast peace talks.

In all, 104 prisoners have been slated for release over nine months. The decision has stirred anger in Israel, where victims' families say it is an insult to their loved ones. **THE ASSOCIATED PRESS**

Villa snaps, cracks, pops into sinkhole

'Sounded like popcorn.'

Guard rushes to waken guests as villa in Florida starts falling apart

As windows broke and the ground shook, vacationers who were awakened in their rooms at a villa near Orlando, Fla., soon realized that the building was starting to collapse — parts of it swallowed by a 100-foot sinkhole.

By early Monday, nearly a third of the structure at Summer Bay Resort had collapsed. All 105 guests were evacuated, as were those in the neighbouring buildings. No injuries were reported.

Inspectors remained on the scene Monday to determine whether the two buildings nearby would be safe to enter.

The first sign of trouble came about 10:30 p.m. Sunday. Security guard Richard Shanley had just started his shift.

A guest flagged him down to report that a window had blown out. The resort's staff decided to evacuate the villa.

Shanley said the building seemed to sink by 10 to 20 inches and bannisters began to fall off as he ran up and down three floors trying to wake up guests. One couple with a baby on the third floor couldn't get their door open and had to break a window to get out, he said.

"It's a scary situation," Shanley said, and guests credited him with saving lives by awakening them.

Amy Jedele heard screams coming from one of the adjacent buildings around 10:30



Employees install barricades around the collapsed building by a sinkhole at Summer Bay Resort on Monday in Clermont, Fla. GERARDO MORA/GETTY IMAGES

p.m., and several minutes later, the sounds of sirens. She and her fiancé, Darren Gade, went outside. "That's when you could hear the pops and the metal, the concrete and the glass breaking," she said.

"It sounded like popcorn," said Maggie Moreno, who was visiting with her family. "The building was just snapping."

THE ASSOCIATED PRESS

A common problem

Sinkhole problems are ongoing in Florida. They cause millions of dollars in damages in the state annually.

- On March 1, a sinkhole underneath a house in

Seffner swallowed a man in his bed. His body was never recovered.

- Fatalities and injuries are rare; most sinkholes are small.

Senator says she will repay 'mistakes,' but report hints at other worries: Source



Sen. Pamela Wallin at a Senate hearing in Ottawa on Monday. PATRICK DOYLE/THE CANADIAN PRESS

Pamela Wallin said she will reimburse taxpayers for all disputed travel expenses but denied wrongdoing as she claimed all those flights and taxi rides were just part of her job as a busy senator.

"I never intended to seek nor sought reimbursement for travel expenses in any situation where I did not believe such a claim was proper," Wallin told reporters Monday.

The statement came before Wallin headed into a meeting of the Senate committee on

Accusation

Sources said Monday the report will detail travel expenses related to the board of directors Wallin used to sit on, her time at the University of Guelph and fundraising for the Conservative party.

internal economy, budgets and administration, where her colleagues discussed a review by the forensic accounting firm

Deloitte, dating back to more than four years ago.

Sources said Monday the committee is expected to recommend Wallin reimburse at least \$120,000 in expenses.

Sources also said that auditors flagged a number of instances where Wallin had altered her electronic calendar after the review had begun.

"It is my view that this report is the result of a fundamentally flawed and unfair process," said Wallin. **TORSTAR NEWS SERVICE**

Waterloo. BlackBerry weighs sale options as review begins

Hopes of BlackBerry returning to its glory days have all but disappeared as the smartphone company delivered the most damning proof on Monday that its new phones are a sales flop, as it moves forward with a plan that could result in the sale of its operations.

The board of directors at the Waterloo-based company launched a review of "strategic alternatives" which it says could also potentially take BlackBerry in other directions, such as a partnership or joint venture.

Regardless of the outcome, the decision throws the company's future into uncertainty. BlackBerry could be scooped up by an interested buyer or even go private — an idea that has

gained favour since last week, when reports suggested the board has recently opened up to that option, even though it wasn't specifically mentioned in the announcement.

In some ways, the company has been here before, but the stakes are different this time around. BlackBerry launched a softer review of its "strategic business model alternatives" in May 2012, which some analysts had expected would turn into a sale of certain assets. That never materialized and BlackBerry went on to launch its new line of phones in late January.

Since then, the new high-end BlackBerry 10 phones struggled to gain favour in the highly competitive smartphone market. **THE CANADIAN PRESS**

Market Minute



DOLLAR
97.06¢
(-0.08¢)

Natural gas: \$3.30 US (+7¢)
Dow Jones: 15,419.68 (-5.83)



TSX
12,594.27 (+52.14)



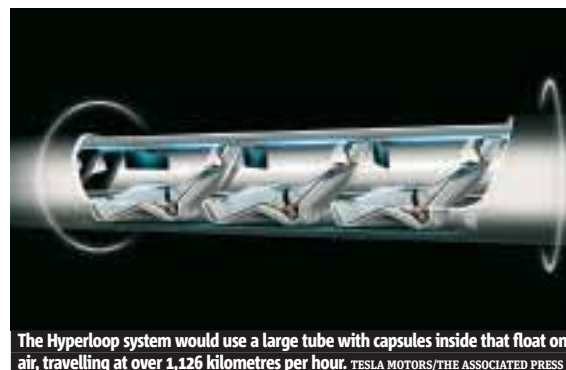
OIL
\$106.11 US (+14¢)



GOLD
\$1,334.20 US (+\$22)

PayPal co-founder reveals Hyperloop transport system

Los Angeles. Concept for travel between big cities uses capsules that move at high speed inside a large tube



The Hyperloop system would use a large tube with capsules inside that float on air, travelling at over 1,126 kilometres per hour. TESLA MOTORS/THE ASSOCIATED PRESS

Billionaire entrepreneur Elon Musk unveiled a transportation concept Monday that he said could whisk passengers the nearly 644 kilometres from Los Angeles to San Francisco in 30 minutes — half the time it takes an airplane. If it's ever built.

His Hyperloop system for travel between major cities would use a large tube. Inside, capsules would float on air, travelling at more than 1,126 kilometres per hour. The air would be sucked by a powerful fan at the front and expelled at the rear.

"Short of figuring out real teleportation, which would of course be awesome (someone please do this), the only option

for super fast travel is to build a tube over or under the ground that contains a special environment," Musk wrote in his proposal, posted online.

The system Musk envisions is not unlike the pneumatic tubes that transport capsules stuffed with paperwork in older buildings. In this case, the cargo would be several people, reclining for the ride.

Coming from almost anyone else, the hyperbole would

be hard to take seriously. But Musk has a track record of success. He co-founded online payment service PayPal, electric luxury carmaker Tesla Motors Inc. and rocket-building company SpaceX.

Monday's unveiling lived up to the hype part of its name. Leading up to the unveiling, done on the SpaceX website, online speculation was feverish. Musk has been dropping hints about his system for

Quoted



"I don't have any plans to execute, because I must remain

focused on SpaceX and Tesla." Hyperloop designer Elon Musk

more than a year during public events, mentioning that it could never crash and would be immune to weather. During a Tesla earnings call on Thursday, Musk said he is too focused on other projects to consider actually building the Hyperloop.

"I think I kind of shot myself by ever mentioning the Hyperloop," he said. "I don't have any plans to execute, because I must remain focused on SpaceX and Tesla."

He said he would fulfil his commitment to publishing an open-source design, meaning anyone can use it and modify it.

THE ASSOCIATED PRESS



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DECOR DISPUTE HITS HOME

After five years, two condos, one basement apartment and a whole lot of rent cheques, my boyfriend and I finally managed to buy a house together. Technically it's more of a townhouse, which means we have a mortgage AND we're obligated to pay hundreds of dollars a month in maintenance fees, but hey, it's something.

The week after our closing date I spent about 18 hours admiring inspirational interiors on various home decor blogs (which are basically porn for new homeowners). I found myself drooling over designer kitchens and impossibly minimalist living rooms that I could never possibly recreate. I lay awake at night lusting after expensive flush mount lighting and fantasizing about what sort of table runners I could buy for various themed dinner parties.

At first my boyfriend didn't share my new-found obsession with interior design. His eyes glazed over as I tried to explain the



SHE SAYS

Jessica Napier

metronews.ca

nuanced differences between eight different shades of white and he took a "whatever you think is best" approach to everything home-related.

But I persisted. I coerced him into weekend trips to Home Depot by explaining that we're no longer lazy tenants and he should take an interest in making our new home our own.

Eventually, my "nest and invest" campaign paid off and I got him to start caring about furniture placement and light fixtures. So you can imagine my disappointment when I realized that he actually didn't agree with 100 per cent of the decorating decisions that I had already executed in my mind (and on my many decor-themed Pinterest boards).

Suddenly he has all of these ideas about bar stool upholstery and pendants versus pot lights. The white paint colour for the living room is now "too" white and perhaps we should be favouring

bronze over brushed nickel in our fixtures. I seem to have created a chandelier-loving monster and it's too late to try and put a lid on his opinions.

We're certainly not the first couple to feud over home furnishings. If you've ever been to Ikea on a Saturday morning you've witnessed plenty of domestic disputes between couples who just can't seem to agree on what space-saving wardrobe solution would best suit their bedroom. Aspelund! Pax! Morvik!

Homes are a collaborative endeavour and couples are bound to come into conflict at some point, whether it's over personal taste or how much money to spend. It's important to remember that cohabitation means compromise. You're not designing a show home; you're creating a livable space to share together.

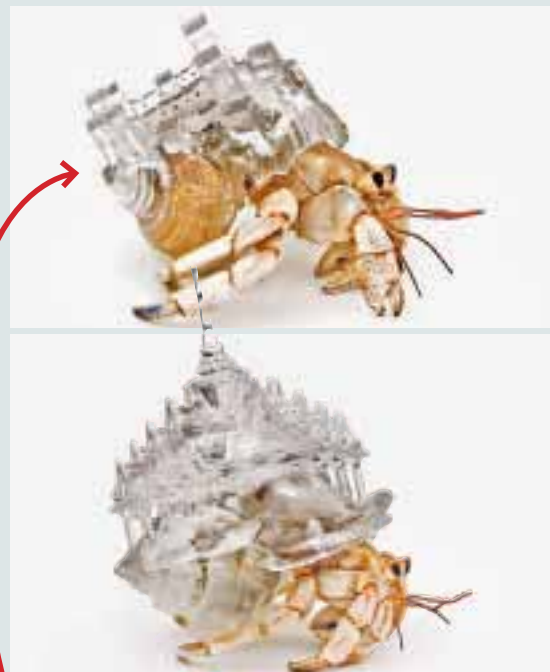
I'm not sure that my industrial-chic esthetic can ever really jive harmoniously with his rustic cottage meets Palace-of-Versailles vision for our home. But if we're going to bicker over bookcases, at least now we have a place of our own to do it in.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shelling out for new digs



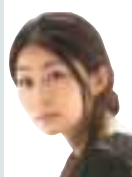
COURTESY AI KOWADA GALLERY

3D printed shells for hermit crabs

An artist in Tokyo has created hermit crab shells adorned with miniature cityscapes. Aki Inomata used a CT scanner to map the interior of sea shells before manufacturing the designs using 3D-modelling software. Among the shapes are New York City's skyline, and a Thai pagoda. **METRO**

Q and A

'Changing identity'



AKI INOMATA
Artist, 29, from Tokyo

What inspired you to do this project?

In 2009, I heard about a dispute between France and Japan after an old embassy building in Tokyo was demolished. The two nations debated whose land was it: French or Japanese? Then they agreed to swap control of the land

every 50 years.

That made me think about changing identity, and how hermit crabs change their shells as they grow. I wanted to connect the crabs' transformation to our own adaptability, whether it's acquiring a new nationality, emigrating or relocating.

Community in bloom. Centre gets gardeners together

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

The spirit of community is thriving in London's gardens.

On Saturday, Aug. 17, from 12 p.m. to 2 p.m., community gardeners from across the city will come together at Thames Park Garden for a summer picnic held by the London Community Resource Centre (LCRC). The annual picnic is a great way to meet fellow gardeners from the centre's 18 gardens across London.

"I hope to see people from different gardens sitting together and talking about

their successes and challenges and harvests, and to see a building of relationships," says Linda Davies, executive director of the LCRC.

The LCRC has been managing community gardens for 10 years, with the hope of encouraging the public to eat sustainably, healthy and locally, and fostering a sense of community. The gardens are a meeting ground for a range of groups, from long-time London residents to young people to new immigrants.

"Once you get into the garden, it doesn't matter what language you speak," says Davies. "You're a gardener!"

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Letters

RE: Questions Mount About New Brunswick Python, published Aug. 9

This is really sad on many fronts.

This animal should not have been in Canada to begin with. The man who owned it should be charged and/or put in jail.

The poor animal was killed for nothing. It should have been shipped back to Africa and put back in the wild where it belongs. The whole system is responsible for this tragedy.

Two children were killed

because of weak or no laws. This beautiful animal was killed for the same reason, and what will be done about this?

Well, try nothing as usual. Until the government stops allowing this type of thing to happen, until police enforce the laws, until animals are left where they belong, in the wild, this problem will continue to happen all around the world. When you don't enforce your own laws, what do you think is going to happen? Sad indeed because it could have been prevented if people in power had used common sense.

Anthony Silvestro, Ottawa

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Disney's wonderful world



D23 attendees check out some of Disney's new animation in Anaheim, Calif. last week. DISNEY/CONTRIBUTED

D23. Metro's Richard Crouse checks out what Disney has on tap at their Anaheim convention

RICHARD CROUSE
scene@metronews.ca

It snowed in Anaheim, Calif., Friday afternoon but it wasn't a freak storm, just a blast of Disney magic at D23, the Mouse House's equivalent of Comic Con.

As Broadway star Indina

Menzel sang Let it Go from the upcoming animated film Frozen, artificial flakes fluttered down from the rafters, gently covering the 5,000 faithful fans who gathered for the first of two star-studded early-look previews.

The convention featured more than 200 presentations, panels and concerts, but these sneak peek events, which focussed on Disney's reverence for their past and their commitment to the future, were among the most highly anticipated.

At Friday's event, Disney chairman and chief executive Bob Eiger and chief creative officer John Lasseter were greeted

with the kind of audience response usually reserved for rock stars and royal babies.

They unveiled the new short film Get a Horse, which mixes 85-year-old Walt Disney Mickey Mouse sketches and state-of-the-art 3D computer animation. It also features a vocal performance from Walt himself, pieced together from old tapes. "Someone has to update his IMDB page," joked director Lauren MacMullan.

Advance looks at The Good Dinosaur, which imagines a world if dinosaurs had survived, Inside Out, a movie Lasseter described as "one of the most unique films I have ever been associated with," and

Finding Dory, the sequel to one of Pixar's most loved films, were met with cheers.

Saturday's presentation unveiled teasers from Disney's live action slate. Paying tribute to Disney's past, Kenneth Branagh will direct a live action Cinderella, and another film revisits one of Disney's great villains. Maleficent stars Angelina Jolie as the Sleeping Beauty villain, a role she's coveted since youth. "Since I was a little girl Maleficent was always my favourite," she told the crowd. "I wanted to know more about her."

Tomorrowland, a sci-fi film starring George Clooney, was inspired by a box found in the Disney archives. Labelled sim-

ply 1952, the "dusty old box" contained a mysterious mish-mash of items, including a copy of Amazing Stories magazine and a short animated documentary that inspired Lost screenwriter Damon Lindelof to pen the speculative story.

The most obvious tribute to Disney's legacy is Saving Mr. Banks, which brings the late visionary to life on the big screen. Tom Hanks stars as Walt attempting to buy the rights to Mary Poppins from writer P.L. Travers, played by Emma Thompson. Shot on location at the Burbank Studios where Walt worked, the film is timed to coincide with the 50th anniversary of Mary Poppins.

Kutcher: The right man for the job

Ashton Kutcher knows you were skeptical of his ability to portray Steve Jobs. But that only further propelled him to effectively honour the late Apple great.

"It sucks to be judged before you even have a chance to prove yourself, but that's the world that we live in," the 35-year-old actor says. "For those people, their day will come when people judge them and want to hold their feet to the fire for mistakes or something they haven't done yet. I like a good challenge — tell me I can't do something."

To play the tech wiz in Jobs — which chronicles Apple's

beginnings and the business obstacles that came after it found success — Kutcher threw himself into the lifestyle that Jobs led, even landing in the emergency room after following the fruitarian diet Jobs was a proponent of.

"I read a book by this guy Arnold Ehret, which was a book that Steve read, called The Mucusless Diet Healing System," Kutcher recalls. "I think the guy who wrote that book was pretty misinformed and my insides got messed up and my pancreas kind of went crazy. The levels were really off and it was really painful."

But not uprooting his life

Give that man an Apple

"I just wanted to honour his legacy and do so honestly. I didn't want to glorify him. I didn't want to vilify him."

Ashton Kutcher on playing Steve Jobs

to become the Apple mogul was out of the question, Kutcher says, because "he's so well documented I couldn't afford not to resemble him."

Indeed, stepping into that black turtleneck (at least for one scene) was a character study for Kutcher,

who says he had never met Jobs and only "had a mild appreciation for the products he created." But shedding light on Jobs the human, who had flaws just like the rest of us, was important to the actor.

"I just wanted to honour his legacy and do so honestly," he says.

"I didn't want to glorify him. I didn't want to vilify him. I just wanted to tell the truth. There's a lot of conflicting stories, but we just try to tell the most honest interpretation of his story that we could."

MEREDITH ENGEL, METRO WORLD NEWS



Ashton Kutcher plays Apple founder Steve Jobs in Jobs. CONTRIBUTED

2 SCENE



Lea Michele ALL IMAGES GETTY

To Cory, with love: Michele dedicates award to Monteith

Lea Michele accepted the Teen Choice Award naming *Glee* Best TV Comedy by dedicating it to her late boyfriend and co-star, Cory Monteith. "I wanted to dedicate this award to Cory. For all of you out there who loved and admired Cory as much as I did, I promise that

with your love we're going to get through this together," she said from the stage, flanked by her *Glee* co-stars. "He was very special to me and also to the world. We were very lucky to witness his incredible talent, his handsome smile and his beautiful, beautiful heart."

Twitter



@ElizabethHurley

Memory Lane today.... in a black leather cat-suit for a new campaign. It's been some time since I've shoehorned myself into one. My son on set-and ecstatic.



@NicholasHoult

I went to a Roller Derby match in Montreal over the weekend, if you get the chance to go then do. Crazy sport and fun people.



@tyrabanks

Forget I was trying to be veggie and ordered some darn meatballs. Shoot!!!

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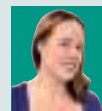
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Did Ben Affleck really visit Lohan in rehab?



THE
WORD
Dorothy Robinson
scene@metronews.ca

Lindsay Lohan had a steady stream of visitors while in rehab, including Ben Affleck, who was reportedly considering her for a role in his upcoming film, *Live by Night*, a source tells Radar Online.

"Lindsay was excited about the opportunity,

telling me that she was going to have dark hair in the movie and would have an Irish accent," the source says. "She tried to tell me he was being flirty with her, but that's just Lindsay's way of embellishing because she constantly needs attention."

Apparently the meeting didn't go so well, as a source close to the production insists that Lohan "isn't being considered and won't be in the movie."

I highly doubt that Ben Affleck, who is so beyond A-list that he is practically his own Commandment, visited rehab to interview Lindsay Lohan.

But it is nice to think so, isn't it?



Amanda Bynes

Mama Bynes gets busy overseeing Amanda's well-being

Amanda Bynes' mother, Lynn Bynes, has been awarded a temporary conservatorship over her troubled daughter, and she's not wasting any time making decisions. Her first act? Moving Bynes from her current psychiatric ward, according to Radar Online.

"Lynn wants Amanda in

a more private facility," a source says. "It could happen as soon as this week. She will get better care at a private facility." The temporary conservatorship, granted late last week, gives Lynn control over decisions about Amanda's health and finances and will be in effect until Sept. 30.



Justin Theroux and Jennifer Aniston

Justin case you were wondering, Jen was not wed this weekend

Tabloid sites were rife with speculation over the weekend that a lavish party at Jennifer Aniston's house Sunday afternoon was secretly going to serve as her wedding to Justin Theroux, but no such luck. It turns out the bash was just a star-studded birthday party for Theroux, according to E! News. Guests included Kristen Bell and

Dax Shepard, Jason Bateman, Tobey Maguire and Sacha Baron Cohen. The speculation was spurred by excessive no-parking signs near Aniston's home and the arrival of her hairstylist, Chris McMillan, around noon. But it turns out they were just expecting a lot of company and she wanted to look her best for the birthday boy.



Get drunk not dehydrated

Cocktails that will get you tipsy but won't leave you hugging the toilet the next day. Drink up!

ROMINA MCGUINNESS & RICHARD PECKETT

Sun. Drinks. Beach. Buzz. Heaven. The perfect weekend day. Headache. Dry-mouth. Pass out. Vomiting on the car ride home. The usual weekend evening.

To help you stay on track, we asked Orlando Marzo, mixologist and bartender at The Player in Soho, London, to share his top hydrating cocktails.

The Journey

A mix of Bacardi superior and Martini rosato, with a splash of Mezcal, honey and lemon juice. Revitalizing taste and delicate botanicals aroma.



Swizzle

A Caribbean classic. This rum-based drink is made with lime Falernum, angostura bitter, lime juice and sugar syrup. Serve tall with crushed ice. Sensationally refreshing.



Sosho Cooler

Finlandia mango vodka and crisp Sauvignon blanc, shaken with muddled red grapes, fresh lemon and apple juices.



New Orleans Cobbler

Rye, orange, pineapple, lemon, bitters and pastis. A punchy cocktail with a fruity twist.



Grapefruit Julep

Finlandia grapefruit shaken with fresh pink grapefruit and lime juices, honey, grenadine and mint.

Drink up

Refreshingly drunk



RICHARD PECKETT
Metro World News in London

With hopes of becoming liquored up large, I set off for The Player, a '70s-style cocktail joint located in the trendy Soho, London, where I'm greeted by Simon Aukett, 27-year-old mixologist and my personal barman for the evening.

A gentle opener—the Sosho Cooler

It's the fruit salad of the cocktail world, made with palette-tickling flavours, such as grapes, lemon, mango and apple. No misleading marketing here — it's undeniably refreshing, thanks to its sweet crisp flavours.

A sharp shot—the Grapefruit Julep

If you're after a bitter bite,

go for the Julep. Its double hit of grapefruit and lime produce a more sophisticated taste than the Cooler, while the addition of honey sweetens this drink's tart edge.

Time for a Swizzle

This rum-heavy beverage is no girly number, but with roots in the Caribbean, it's got all the makings of a mellow summertime tippie. Though be warned, it's made with a tongue-tingling slug of El Dorado rum.

New Orleans Cobbler — rye not?

This one is for the more cultured palette, with its strong nutty flavour that lingers from first sip to final swallow.

It's all thanks to the rye, but it's the dry Italian digestif Campari that gets you salivating.

The Journey...comes to an end

Created by The Player's head

barman, The Journey is a fittingly titled drink for the end of my cocktail quest. I struggle to take my lips away from this one, with the earthy taste of Mezcal trickling from tongue to throat, while the lemon juice gives it an invigorating jolt. Sodden but not sozzled, I amble away into Soho, with a numb, tipsy euphoria.

As for cocktail hydration, a doctor would deplore any suggestion, but the sensation is unquestionably more pleasant than that of a loutish night on the lager.

3 LITERS

Keep backyard dishes simple with two-step corn salad



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

While we're still grilling, you can't beat barbecued corn on the cob. This salad is great on its own or serve with either grilled beef, chicken or tiger shrimp.

1. Preheat your barbecue

Ingredients

- 3 fresh cobs of corn – husks removed
- 1 small red pepper sliced in half – seeds removed
- 1/2 cup diced red onion
- 1/2 cup chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper



This salad serves four. ROSE REISMAN

to medium-high heat. Grill the corn cobs and bell pepper halves on a medium heat for about 12 to 15 minutes, or until the corn and pep-

pers begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl. Peel the peppers, dice and add to bowl.

2. Add the red onion, basil, oil, cider vinegar, jalapeño, garlic, and salt and pepper to the corn mixture and stir to combine.

Good things come in mini bites

1. Shred carrot and grate cheese.

2. Preheat barbecue grill or broiler to medium-high. If using broiler, butter a foil-lined rimmed baking sheet.

3. In a large bowl, combine carrot, bread crumbs, tomato paste, egg, 175 ml (3/4 cup) of cheese, salt and pepper. Stir with a fork until blended. Add beef and blend using a fork just until combined; do not over mix. Shape mixture into 12 patties, each about 6 cm (2 3/4 inches) in diameter and 1 cm (1/2 inch) thick.

4. Place patties on a greased grill or prepared baking sheet. Grill, covered (or broil), for about 5 minutes or until juices rise to

Nutritional analysis

212 calories, 13 g protein, 14 g carbohydrates, 11 g fat, 1.3 g fibre, 276 mg sodium

the surface. Flip over and cook for 3 to 5 minutes or until an instant-read meat thermometer inserted in the centre registers at least 70 C (160 F) and burgers are well done. Sprinkle with remaining cheese and cook for 1 minute or until cheese is melted. Meanwhile, split buns and toast, if desired.

5. Place burger patties on buns and garnish as desired.

DAIRY FARMERS OF CANADA
(FAMILYKITCHEN.CA)

Ingredients

- 1 small carrot
- 1 cup (250 ml) Canadian old cheddar or marble cheese
- 1/2 cup (125 ml) dry bread crumbs
- 1 tbsp (15 ml) tomato paste
- 1 egg
- 1/4 tsp (1 ml) each, salt and

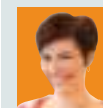
- pepper
- 1 lb (450 g) lean ground beef
- Twelve 2 to 3-inch (5 to 7.5 cm) whole wheat dinner rolls or mini hamburger buns
- Lettuce, sliced tomatoes, sliced pickles or other condiments



This recipe makes 12 mini burgers. COURTESY DAIRY FARMERS OF CANADA

Health Solutions

The science of aging



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

The health science community is abuzz with a thing called telomeres (pronounced tea-low-mer-ez) that are in every cell in your body and the health of which are an indication of the aging process.

The discovery of telomeres won the Nobel Prize in 2009 and they can now be tested so your cells actually tell the story of your biological age.

There are foods and activities that factor into telomere protection:

Consume High nutrient, low calorie foods like:

- Blueberries
- Kale
- Fresh herbs
- Whole grains like quinoa and millet
- Beans and pulses
- Nuts and seeds
- Avoid processed sugar and flour
- Manage stress and sleep

Experts say that one of the most important things you can do to prevent the aging process of telomeres is to avoid "R and R"—red and rumination.

Learn how to relax and take things in stride instead of seeing red and stop ruminating on stressful events that have already passed; let them go.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Spice-Rubbed Chicken Breasts



1. Set the chicken breasts on a cutting board and slice horizontally across the piece to create 2 thinner halves. One at a time, cover each half with plastic wrap then use a meat mallet to pound to an even thickness. Drizzle the pounded halves with the olive oil and rub all over.

2. In a small bowl, combine the brown sugar, cumin, garlic powder, onion powder, paprika, thyme, salt, pepper and allspice. Rub the mixture over both sides of each of the 4 pieces of meat.

3. If cooking on the grill, heat to medium heat. Cook for 2 minutes per side. If cooking on the stovetop, in a large skillet

heat 1 tablespoon of canola oil over medium-high. Cook for 2 to 3 minutes per side, or until the chicken reaches an internal temperature of 160 F. Let rest 5 minutes. **THE ASSOCIATED PRESS**

Ingredients

- 2 boneless, skinless chicken breasts (about 1 lb)
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp sweet paprika
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp ground allspice

Are you really my friend?

Photographer. Tanja Hollander travels the world to meet all of her Facebook friends

ERIKA PADRÓN AND
CYNTHIA VALDEZ
Metro World News

Tanja Hollander, a photographer in the U.S., has amassed nearly 700 Facebook friends, but she's never met many of them in person.

And so, she went on a huge journey in the hope of turning her online relationships into something more real. Metro Mexico interviewed the 41-year-old Maine native to find out more about her photo project titled *Are You Really My Friend?*

What is it like to travel and visit more than 700 friends?

It's been really interesting in every way. I'm about halfway through so there's still 300 more to go. I'm still surprised about how many homes I've been to and how generous people are, espe-

cially the people that don't have a lot. They're willing to share what they do have, whether it's food, wine or introducing me to their friends and family, or just making some extra space at home for me to sleep.

Do you tell them you are going to visit, or surprise them?

Yes, I email everybody first.

So, how did you come up with the idea of visit all your Facebook friends?

On New Year's Eve in 2010, I was writing a letter to a friend in Afghanistan and at the same time instant-messaging with a friend who is working in Jakarta. I started thinking about those two friendships and the different way of communicating because they were in opposite places in the world. They're from different parts of my life. Both friendships and ways of communicating are important to me. So I started to think about how we talk with so much technology and how much of our lives is

so "photographable".

We know your friends let you stay at their homes but how much money have you spent so far?

A lot! I don't know, that's a good question. It's been a lot. I started this project with a low budget, I could make another project on how to travel with not a lot of money.

Where did you start and which cities have you visited so far?

I started travelling in April 2011 and I've been to a hundred U.S. cities and towns across 43 states. There's nine overseas destinations left to go in Europe, Asia and New Zealand.

What's been the hardest part of this journey?

Scheduling is really difficult, to make sure I'm in the city my friends are from. Maybe they are not home or not available. Sometimes it's hard to keep up with everything. It's also incredibly difficult travelling alone

and trying to remember everything.

When do you think you're going to finish this journey?

Hopefully within a year or two. It really depends on how much money I can raise because I have to stop and raise money, which takes time.

Since you started your project, has your Facebook list of friends changed?

Yes, the numbers are going crazy. But I don't accept requests from people I don't know. Some of them deleted me but I don't know why.

Do you have a better definition of a digital friendship?

I think there are different kinds of friendship: there are some friends you call in the middle of the night and the kind of friends you go to the movies with, but there's also the friends you have only by emails or texts. Having a multitude of different kinds of friendships is really enriching.



Tanja Hollander CONTRIBUTED

Too many money rules? Here's a few more



YOUR MONEY
Alison Griffiths
money@metronews.ca

How many money rules do you need? That's the question posed by Marie Engen in the Aug. 6 online issue of *Boomer & Echo: Financial freedom at any age* (boom-erandecho.com).

Engen correctly notes that money rules are proliferating like weeds in today's list-ob-

essed media. For example, both *Money Magazine* and *Forbes* recently published 20 rules of money.

There's also plenty of books touting rules of money, the champion author being Canadian Gail Vaz-Oxlade with a staggering 261 rules.

For fun, I searched rules of money on the Internet and came up with a mere 830 million hits. (I confess that a few of those hits might be my own lists of rules.)

Engen amusingly turns

the discussion on its head by comparing the plethora of financial books on the topic to diet books.

She points out that there are basically only two ways to manage your weight.

1. Don't gobble up more calories than you expend.

2. Quit eating junk.

Similarly, Engen offers just two essential rules for managing money.

1. Spend less than you earn or live below your means. (Doesn't this sound

like the first rule of eating?)

2. Save something for the future. Squirrels do this, so should people.

While I hate to add to the list mania, I'd include just one more.

3. Quit buying junk. By junk I mean superfluous possessions and poor quality stuff. This includes expensive and under-performing mutual funds.

I try very hard to follow this third rule, nonetheless I am chagrined when I do a

mental review of purchases to realize that at least 10 per cent of what I buy, be it food, clothing or household items, either isn't worth any amount of money or, worse, isn't something I really need or even want.

The best part about adhering to these three simple rules is that they aren't difficult to follow.

In fact, they quickly become habitual like morning coffee or a dog walk before bed.

Even better, once you make this trio a habit the rules are self-perpetuating. Living within your means leads to saving. Buying less junk also frees up cash for saving.

And put together, these rules lead directly to a far more satisfying life. And isn't that the goal we all seek?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca







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BUILD CHARACTER AT MEDIX COLLEGE

Medix College will be rolling out a vibrant new career, health coach, in September.

The fitness and health promotion will give students the tools and certifications they need to pursue careers as a personal trainer or health coach.

“Surround yourself with positive, constructive people and you just find a way,” says Roburt Tranter, manager of faculty of development and fitness program director.

This 48-week program will educate the health coach by providing special-

ized training in the areas of behavioural change, physical activity and nutrition coaching.

Graduates will leave with as an ACE-certified health coach and a NSCA-certified personal trainer, both NCCA accredited certifications, and a diploma.

Like all other Medix programs, the fitness and health promotion program will be delivered by Medix’s emotional intelligence curriculum (EQ).

“Our true aim is character building,”

Tranter says. “We want to enable our graduates with emotional intelligence and coping skills for the workforce.”

Tranter adds that Medix works to enable students to excel from within so they can succeed on their own after leaving Medix.

“Give them the wings and, hopefully, they will fly,” Tranter says.

For more about Medix and to get wellness tips, follow the school on Facebook under Medix College London Campus.

STEPPING STONE FOR ABORIGINAL STUDENTS

No matter what the barriers are that may be stopping some Aboriginal students from attending post-secondary institutes, Six Nations Polytechnic offers a program to help make the transition easier.

This September, Aboriginal students can enrol in the native university program (NUP) and complete the first year of their university studies in an Aboriginal setting.

“This program gets our students ready to head out to the other school,” says Dawn Bomberry, program manager for

Six Nations Polytechnic. “It is really a stepping stone for them.”

This program is in partnership with six post-secondary institutes in Ontario and prepares students to move their educational career into one of these larger schools.

Bomberry added that this program is appealing to many Aboriginal students because of the small class sizes, free parking and the cultural environment.

Also starting this September, Six Nations Polytechnic is excited to unveil its

newest program, the concurrent disorders program. This is a one-year program in partnership with Mohawk College and requires a college diploma or university degree as a prerequisite.

Six Nations Polytechnic is an Aboriginal community-controlled, community-based human resource development centre, addressing issues and needs from an Aboriginal perspective.

For more information, please visit snpolytechnic.com.



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In 2013, Six Nations Polytechnic (SNP), a community based Indigenous learning centre celebrates twenty years of postsecondary student success and contributions to education. SNP exists in the heart of Canada’s most populous First Nation community; represented by six distinct Nations and languages (Mohawk, Cayuga, Onondaga, Oneida, Seneca, and Tuscarora).

Six Nations Polytechnic offers programs and courses of study in partnership with all levels of government; commissions; industries; commerce and other education and training institutions with an emphasis on developing and promoting the retention of Hodiñqhsq:niñ culture and languages.

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Six Nations
Polytechnic

<http://www.snpolytechnic.com>

MLB

Jays waste solid outing by Happ

J.A. Happ gave the Toronto Blue Jays everything but a win Monday afternoon.

Alberto Callaspo doubled in two runs in a four-run ninth inning to power the Oakland Athletics past Toronto 5-1 at Rogers Centre. The win gave the A's (67-50) three of four against the Jays (54-64).

The defeat was a bitter pill to swallow for Happ, who is also mourning the loss of his grandfather. Happ allowed three hits, two walks and one run while striking out six over seven innings in his second start since being hit in the head by a line drive May 7 at Tropicana Field.

The only run Happ surrendered came on the first batter he faced as Chris Young belted his 10th homer this season and fifth by Oakland to lead off a game. After walking Young to lead off the third, Happ retired 14 consecutive batters until Callaspo hit his first double of the game with two out in the seventh.

THE CANADIAN PRESS



Jays reliever Casey Janssen hangs his head after giving up four earned runs against the A's Monday. THE CANADIAN PRESS

MLB

Darvish flirts with no-hitter

Yu Darvish was nearly perfect against the Astros once again, taking a no-hit bid into the eighth inning and striking out a career-high 15 to lead the Texas Rangers over Houston 2-1 Monday for their eighth straight win.

Darvish dominated the Astros until Carlos Corporan lined a home run into the right-field seats with one out in the eighth for Houston's only hit.

In early April, Darvish (12-5) was one out away from a perfect game at Minute Maid Park before Marwin Gonzalez singled between his legs.

THE ASSOCIATED PRESS



Damian Warner competes in the long jump of the decathlon at the world track and field championships in Moscow on Saturday. The London athlete captured a bronze medal, Canada's first podium finish in the event since 1995. MATT DUNHAM/THE ASSOCIATED PRESS

First the flag, next the national anthem

Damian Warner.
Decathlete has sights set on taller podium



DAVE
LANGFORD
dave.langford@metronews.ca

Two years ago at the world track and field championships, Damian Warner's plan was to run around the infield with a Canadian flag wrapped around him.

The London decathlete had only one thing standing in his way — his performance.

He finished a poor 18th that day in Daegu, South Korea, and there was no celebratory romp around any infield to be had.

"This time he got to do it," Warner's coach Gar Leyshon said Monday from Moscow.

On Sunday, in front of 40,000 spectators, the former Montcalm high school track

star fulfilled the promise as he wrapped the red and white around himself after placing third and winning a bronze medal in the men's decathlon. He recorded a personal best of 8,512 points.

While Warner enjoyed the flag waving, there is still unfinished work ahead.

"I obviously still have to do better," Warner, 23, told Metro London in a phone interview from Moscow. "I want to be at the top of the podium and hear our national anthem being played."

The two-day, 10-discipline event is among the toughest competitions to win in any sport. Quite often, the winner is referred to as the world's greatest athlete, with Bruce Jenner and Daley Thompson among the past winners on the Olympic stage.

Warner's performance was 70 points better than his previous best — recorded a year ago at the London Olympics.

A long time coming

You have to go back to 1995 for the last time a Canadian hit the podium in the decathlon. That year, it was Canadian record holder Michael Smith, and he also won a bronze.

That marked the Canadian athlete's unofficial coming-out party, where he recorded 8,442 points and had an entire country rooting for him — particularly on the second day after a strong start in Day 1. He finished fifth overall.

"Here, (Warner) was on everybody's radar this time, not like the Olympics," Leyshon said Monday.

World record holder Ashton Eaton of the United States won the decathlon in Moscow with 8,809 points, and Michael Schrader of Germany won the silver with 8,670 points.

Warner said he had plenty of London help with him at the championships, held every second year. Three of his coaches — Leyshon, Dennis Neilson and Vickie Croley — were on hand to add valuable advice and offer moral support.

Warner said he will stay at the worlds until they are over Aug. 18, and then start planning for the Pan American Games in 2015 — in the Toronto area for the first time — and the 2016 Summer Olympics in Rio. He also has his sights set on breaking Smith's Canadian record of 8,626 points, which has stood for 17 years.

Before all that, his next multi-event meet is Sept. 18 in France.

And, while he says he could always use more money, he continues to rely on his A-card funding of \$1,500 a month and some sponsorship money from Nike.

4 SPORTS



Spousal rivalry raises the bar

Canada's Brianne Theisen Eaton competes in the high jump in the heptathlon at the world track and field championships in Moscow on Monday. One day after her American husband Ashton Eaton won his first world title in the decathlon, the native of Humboldt, Sask., was fourth after the first day of the seven-discipline event. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Tennis

Canadians climb the ranks of world's best

Milos Raonic is the first Canadian men's singles player to be ranked in the top 10, thanks to his run to the final of the Rogers Cup.

The star player from Thornhill, Ont., who lost to Rafael Nadal in Sunday's final in Montreal, is No. 10 in the new ATP rankings released Monday.

He moved up three spots from No. 13, his previous career high. Raonic didn't have the biggest jump in the rankings among Canadian men, however.

Vasek Pospisil of Vernon, B.C., who lost to Raonic in the Rogers Cup semifinals, rose 31 spots to No. 40 to reach his career high.

Nadal moved up one spot to No. 3 after winning the Rogers Cup.

THE CANADIAN PRESS



Milos Raonic
THE CANADIAN PRESS

NHL. Maple Leafs hope homegrown recruits can spark their offence

Welcome, Toronto-born Dave Bolland. Welcome, Toronto-born David Clarkson.

It happened very subtly, without any bluster or grand pronouncements, kind of the way Maple Leafs GM Dave Nonis operates.

But hockey players from Ontario are back on the roster for the Maple Leafs after a time when they seemed like an endangered species in the lineup.

With Bolland and Clarkson, the Leafs now have two players from Toronto and seven across Ontario on their roster: Nazem Kadri (London), Jay McClement (Kingston), Mark Fraser (Ottawa), Paul Ranger (Whitby) and Trevor Smith (Ottawa).

The Leafs say they take the "best available player."

"Be that through the draft (one from Ontario this year), by trade, or by free agency. David Bolland was an opportunity to acquire one of only eight Blackhawks who were on both Cup teams. David Clarkson was the top free agent available and fit our needs," said assistant GM Dave Poulin.

"Our theory is always the best available player that fits in with our direction."



The Leafs hope Dave Bolland can help them win a Stanley Cup of their own.
BRUCE BENNETT/GETTY IMAGES FILE

A stated direction or not as to where "the best" players come from, it would appear that Nonis is taking a page out of Cliff Fletcher's playbook when he was GM of the Leafs in the early 1990s in acquiring local players to give the team a competitive boost. Fletcher added the likes of Kingston's Doug Gilmour, Hamilton's Dave Andreychuk and Scarborough's Peter Zedel during the team's revival from the moribund 1980s.

TORSTAR NEWS SERVICE

Young hockey player collapses, dies at N.B. tryout

Jordan Boyd. 'He had quite a potential career and life in front of him': Former team president

A 16-year-old prospect for the Acadie-Bathurst Titan junior hockey team died Monday after he collapsed during tryouts with the club.

Photi Sotiropoulos of the Quebec Major Junior Hockey League said Jordan Boyd felt some discomfort during a wind sprint at a rink in Bathurst, N.B.

A first responder attempted unsuccessfully to revive Boyd before he was taken by ambulance to the local hospital, where medical staff determined he had died, Sotiropoulos said.

An autopsy has been or-



The Titan's Jordan Boyd is shown in a 2013 training camp portrait.
DANIEL DOUCET/QMJHL/THE CANADIAN PRESS

dered to determine the cause of death.

Sotiropoulos said the youth completed a full medical evaluation and was cleared to compete by the team doctor before

the training camp began.

"It's very odd this would happen," he said, adding there has only been one other training camp death in the league's 30-year history.

"It was horrifying news this morning. When you find out he was just 16 years old, that I think is the most tragic part."

He said the young man's father was watching the workout when his son collapsed. The family declined comment through the team.

The five-foot-11 forward is described by a former president of his minor hockey club in Halifax as a gifted player who had a bright future in the game.

Paul MacIsaac, past president of the Bedford Blues, said Boyd had improved his offensive skills during his bantam season in 2011-12.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	71	49	.592	—
Tampa Bay	66	50	.569	3
Baltimore	65	52	.556	4½
New York	59	57	.509	10
Toronto	54	64	.458	16

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	69	47	.595	—
Cleveland	63	55	.534	7
Kansas City	61	54	.530	7½
Minnesota	52	63	.452	16½
Chicago	44	72	.379	25

WEST DIVISION

	W	L	Pct	GB
Texas	69	50	.580	—
Oakland	67	50	.573	1
Seattle	54	63	.462	14
Los Angeles	53	63	.457	14½
Houston	37	80	.316	31

Monday's results

Oakland 5 Toronto 1
Texas 2 Houston 1
L.A. Angels at N.Y. Yankees
Miami at Kansas City
Detroit at Chicago White Sox
Cleveland at Minnesota

Sunday's results

N.Y. Yankees 5 Detroit 4
Cleveland 6 L.A. Angels 5
Oakland 6 Toronto 4
Kansas City 4 Boston 3
Minnesota 5 Chicago White Sox 2
Texas 6 Houston 1
Seattle 2 Milwaukee 0

Tuesday's games — All Times Eastern

(Sabathia 9-10), 7:05 p.m.
Boston (Dempster 6-8) at Toronto (Redmond 1-1), 7:07 p.m.
Seattle (Ramirez 3-0) at Tampa Bay (Archer 6-4), 7:10 p.m.
Milwaukee (Estrada 4-4) at Texas (Ogando 5-3), 8:05 p.m.
Miami (Fernandez 8-5) at Kansas City (Chen 5-0), 8:10 p.m.
Detroit (Scherzer 17-1) at Chicago White Sox (Santiago 3-7), 8:10 p.m.
Cleveland (McAllister 4-7) at Minnesota (Deduno 7-5), 8:10 p.m.
Houston (Lyles 4-6) at Oakland (Colon 14-4), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	72	46	.610	—
Washington	57	60	.487	14½
New York	54	61	.470	16½
Philadelphia	52	65	.444	19½
Miami	44	72	.379	27

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	70	47	.598	—
St. Louis	67	50	.573	3
Cincinnati	65	52	.556	5
Chicago	52	65	.444	18
Milwaukee	51	67	.432	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	67	50	.573	—
Arizona	59	57	.509	7½
Colorado	55	64	.462	13
San Diego	53	64	.453	14
San Francisco	52	65	.444	15

Monday's results

Philadelphia at Atlanta
Cincinnati at Chicago Cubs
San Diego at Colorado
Baltimore at Arizona
N.Y. Mets at L.A. Dodgers

Sunday's results

Cincinnati 3 San Diego 2 (13 inn.)
Atlanta 9 Miami 4
St. Louis 8 Chicago Cubs 4
Baltimore 10 San Francisco 2
Colorado 3 Pittsburgh 2
N.Y. Mets 9 Arizona 5
Washington 6 Philadelphia 0
L.A. Dodgers 8 Tampa Bay 2

Tuesday's games — All Times Eastern

San Francisco (Bumgarner 11-7) at Washington (Gonzalez 7-5), 7:05 p.m.
Philadelphia (Martin 1-1) at Atlanta (Medlen 9-10), 7:10 p.m.
Cincinnati (Bailey 7-10) at Chicago Cubs (Samardzija 6-11), 8:05 p.m.
Pittsburgh (Morton 4-3) at St. Louis (Wainwright 13-7), 8:15 p.m.
San Diego (Stults 8-10) at Colorado (Manish 0-1), 8:40 p.m.
Baltimore (Gonzalez 8-5) at Arizona (Delgado 4-3), 9:40 p.m.
N.Y. Mets (Harvey 9-3) at L.A. Dodgers (Ryu 11-3), 10:10 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	7	6	36	24	39
New York	11	8	5	36	31	38
Philadelphia	10	7	7	36	32	37
Montreal	10	7	5	34	34	35
Houston	9	7	6	26	22	33
Chicago	9	9	4	29	32	31
New England	8	9	6	27	23	30
Columbus	7	11	5	27	30	26
Toronto FC	4	11	8	21	31	20
D.C. United	3	16	4	13	38	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	12	7	5	39	26	41
Vancouver	10	7	6	36	30	36
Colorado	9	7	9	31	27	36
Portland	8	3	11	32	21	35
Los Angeles	10	9	4	35	30	34
Seattle	10	7	4	29	23	34
FC Dallas	8	6	9	30	33	33
San Jose	8	10	6	25	35	30
Chivas USA	4	13	6	20	40	18

Sunday's results

FC Dallas 3 Los Angeles 3
Chivas USA 1 Colorado 1
Saturday's games — All Times Eastern
D.C. United at Montreal, 7 p.m.
Toronto FC at Columbus, 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at New York, 8 p.m.
Seattle at Houston, 9 p.m.
Vancouver at Colorado, 9:30 p.m.
Real Salt Lake at Los Angeles, 10:30 p.m.
FC Dallas at Portland, 11 p.m.

CFL

WEEK 8

	GP	W	L	T	PF	PA	Pts
Toronto	6	4	2	0	194	121	8
Hamilton	6	2	4	0	129	187	4
Montreal	6	2	4	0	135	177	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	6	5	1	0	210	129	10
Calgary	6	5	1	0	204	160	10
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Friday's game — All Times Eastern

Hamilton at Winnipeg, 8 p.m.

Saturday's game

Montreal at Saskatchewan, 4 p.m.

Sunday's game

Calgary at B.C., 9 p.m.
Edmonton at Toronto, 7 p.m.

Horoscopes

♈ Aries

March 21 - April 20

A friend will need cheering up today and you're the right person for the job. No one is happier than you, so be who you were meant to be and let some of those good vibes rub off on those around you.

♉ Taurus

April 21 - May 21

If you get the urge to change direction, do so. Others will complain because it throws their plans into confusion, but what's that to you? Be honest to who you are.

♊ Gemini

May 22 - June 21

Even things that go wrong are part of cosmic design, so don't get too upset if your plans don't work out the way you had hoped over the next 24 hours. It's all good — always.

♋ Cancer

June 22 - July 23

Do something that grabs the attention of important people and keep doing it until you get the recognition you deserve. If the planets are to be believed, it won't be long in coming.

♌ Leo

July 24 - Aug. 23

It won't take much of an effort to get on top of your workload today but can you be bothered? Hopefully you will overcome your lethargy because once you start, you won't want to stop.

♍ Virgo

Aug. 24 - Sept. 23

You can turn any situation to your own advantage now, even those that seem to be going against you. With Mercury, your ruler, linked to power planet Pluto, you are in no mood to give up.

♎ Libra

Sept. 24 - Oct. 23

Certain people are gossiping about you but is it such a big deal? And would you prefer it if no one took any notice of you? If they're talking about you then you must be doing something special.

♏ Scorpio

Oct. 24 - Nov. 22

Honesty is a virtue. But if you are smart you will hold off telling the world what you know today, especially if it involves a friend who might be hurt by the revelations.

♐ Sagittarius

Nov. 23 - Dec. 21

With the Sun in your fellow Fire sign of Leo, you can easily persuade friends and work colleagues to do tasks for you. Sit back and let them do all the hard stuff. They'll be happy and so will you.

♑ Capricorn

Dec. 22 - Jan. 20

Don't act as if time is a factor, because it isn't. Whatever the task you have to compete today, the important thing is that you get it 100 per cent right — however long it takes.

♒ Aquarius

Jan. 21 - Feb. 19

If someone takes you into their confidence today, you must not betray their trust by passing the information on to others. If you do, they will never trust you again. In fact, you'll always be the last to know.

♓ Pisces

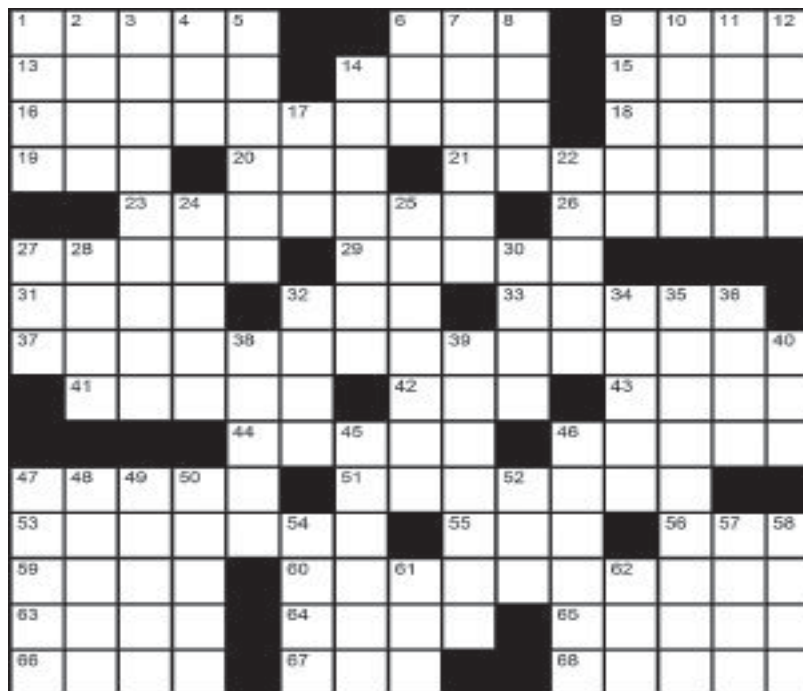
Feb. 20 - March 20

You may be tempted to help a friend cover up some kind of transgression but the planets warn it's not a smart move. Let them know that the problem is theirs to resolve. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- 9:30am and 2:45pm
- "It's Like That" by Run-DMC
- Ms. Turner
- On ___ (Is winning)
- "Bye!"
- Equal: French
- 1980 golf comedy
- ___-de-camp
- Pop group, ___ Direction
- 7th Greek letter
- Streaming media provider
- Stone of hieroglyphics
- Open court hearings
- Conform
- Himalayas land
- Ancient Egypt: Son of Ramses I
- Sales pro
- House toppers
- What an athlete might lose because of steroid use: 2 wds.
- Special snack
- Tic-___-Toe
- Associations [abbr.]
- Administered, as medication
- Healed
- Annie Lennox hit: "No ___ Love You's"
- Saint Joseph's ___



- (Montreal church/tourist attraction on Mount Royal)
63. Portland, ___
 64. Clue
 65. Ebb and neap
 66. Agile or lively
 67. Compass dir.
 68. Purges

Down

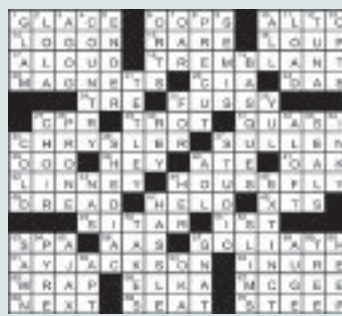
1. Old El Paso kit component
2. Tehran's land
3. Whoopi Goldberg's

- job on "The View"
4. Yore
 5. Most cunning
 6. Day: Spanish
 7. Pre-Confederation: Premier of the Province of Canada, from 1854 to 1856, Sir Allan ___ (b.1798 - d.1862) ...also the great-great-grandfather of Prince Charles' wife

- Camilla
8. Pepsi competitor
 9. Like Romaine lettuce
 10. Nimble
 11. Low point
 12. Mr. Trebek's
 14. Gab
 17. Sault ___. Marie, Ontario
 22. Go from bottom back up ___

24. Sound off
25. Informant
27. Beast of burden
28. Store section, shortly
30. Mr. Clapton
32. ___-Rooter
34. Scent
35. Get to BC's coastal islands from the mainland by way of one: 2 wds.
36. Greenish hue
38. The Beatles' "Sexy" ___
39. Tried some: 3 wds.
40. '60s hallucinogenic
45. Manitoba town
46. Bill Haley's backups
47. Doctor on "Star Trek"
48. Family in "Gone with the Wind" (1939)
49. More unique
50. Story, in a house, in French
52. Thanks, to Brits
54. Patient's pain
57. Afresh
58. D'Urbervilles heroine
61. Feminine 'one' in French
62. Sass

Yesterday's Crossword

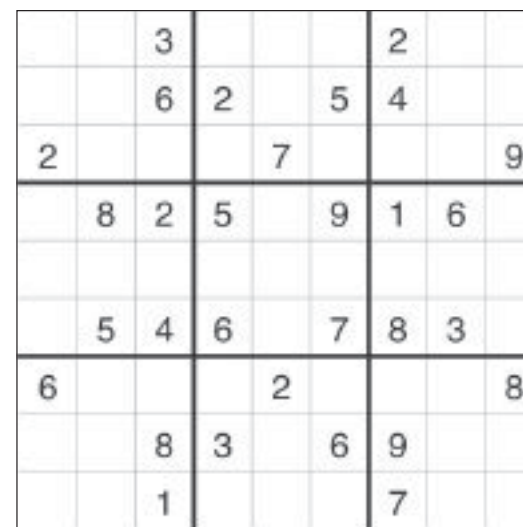
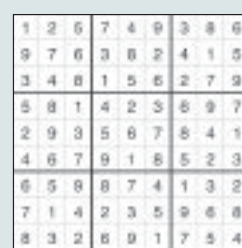


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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